

**Associate in Science (AS) in Health, Sport & Exercise Science to Bachelor of Science (BS) in Recreation**
**Triton College Courses**

<b>Semester 1</b>	<b>Credits</b>	<b>Semester 2</b>	<b>Credits</b>
MAT-170 "College Algebra"	4	BIS-240 "Human Anatomy & Physiology I"	4
RHT-101 "Freshman Rhetoric and Composition I"	3	RHT-102 "Freshman Rhetoric and Composition II"	3
BIS-150 "Principles of Biology I"	4	PSY-100 "Introduction to Psychology"	3
HTH-104 "Science of Personal Health"*	2	PED-153 "Foundations of Exercise"	3
HTH-120 "Nutrition Science"*	3	HTH-218 "First Aid and CPR"	2
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
PHY-101 "General Physics (Mechanics, Heat & Sound)"	4	CHM-140 "General Chemistry I"	5
MAT-124 "Finite Mathematics," MAT-101 "Quantitative Literacy," or MAT-102 "Liberal Arts Mathematics"	3	Sport Management, Fitness and Recreation Concentration Course***	3
SPE-101 "Principles of Effective Speaking"	3	General Education – Humanities or Fine Arts (IAI / GECC)**	3
General Education – Humanities or Fine Arts (IAI / GECC)**	3	SOC-100 "Introduction to Sociology"	3
Sport Management, Fitness and Recreation Concentration Course***	3	Health, Sport & Exercise Science Activity Course****	1
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15</b>
<b>Triton College Total</b>	<b>62</b>		

\* Can petition to have these 5 credits swapped with Health, Sport & Exercise Science electives

\*\* Need one of each

\*\*\* One of these courses (3 credits each):

PED-194	"Principles of Coaching"
PED-195	"Sport Management"
PED-275	"Facilities Management"
PED-197	"Sport Sociology"
PED-196	"Sport and Exercise Psychology"

\*\*\*\* One of these courses (1 credits each):

PED-101	"Hatha Yoga"
PED-102	"Kundalini Yoga"
PED-103	"Beginning Karate"
PED-104	"Intermediate Karate"
PED-105	"Boot Camp Fitness"
PED-106	"Total Fitness"
PED-107	"Beginning Swimming"
PED-108	"Swimming for Fitness"
PED-113	"Aquacize"

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PED-115	"Deep Water Exercise"
PED-116	"Group Fitness"
PED-117	"Walking for Fitness"
PED-118	"Wrestling"
PED-120	"Personal Defense Activities"
PED-121	"Vinyasa Yoga"
PED-124	"Zumba Fitness"
PED-125	"Kickboxing Fitness"
PED-127	"Softball"
PED-128	"Soccer"
PED-129	"Volleyball"
PED-130	"Basketball"
PED-131	"Aerobics"
PED-134	"Aerobic Dance:"
PED-158	"Principles of Baseball"
PED-159	"Selected Sport and Recreational Activities"

**Chicago State University Courses**

REC-1000 "Introduction to Leisure Services"	3
REC-2000 "Program Planning for Leisure Services"	3
REC-2010 "Philosophy of Leisure and Recreation"	3
REC-2070 "Use of Technology for Physical Education Professionals" or CPTR-1060 "Introduction to Personal Computers"	3
REC-2200 "Leadership and Supervision in Leisure Ed."	3
REC-2300 "Outdoor Recreation and Team Building"	3
REC-2580 "Leisure Programming for Adults Later in Life"	3
REC-4240 "Mgmt. of Leisure Service Delivery Systems"	3
REC-4300 "Overview of Therapeutic Recreation"	3
REC-4500 "Prog. Eval. & Research in Leisure and Rec."	3
REC-4540 "Seminar and Methods for Recreation Field"	3
REC-4750 "Field Experience in Recreation (Internship)"	9
HPR-2500 "Organization and Administration of Health, Physical Education, Recreation and Athletics"	3
REC-4070 "Children and Youth in Sport and Recreation"	3
PE-2140 "Meth. Of Instr. in Movt. Concepts and Dance"	3
REC/PE-2360 "Aquatics for Phys. Ed. & Rec. Prof."	3
PE-2380 "Meth. Of Instr. in Team and Lifetime Sports"	3
REC-4400 "Community Recreation"	3
Two courses from the following list: ACCT-2110, ACCT-2111, ECON-1010, ECON-1020, MGMT-1030, MKTG-3110, MKTG-3820	6 total
<b>Chicago State University Total</b>	<b>66</b>